

CONNECTING TO LIVED EXPERIENCE

Think of a time that a member of a dominant group (whether you are part of that group or not) spoke or behaved in a way that you felt uncomfortable with.

1. What happened?
2. What would you have LIKED to happen?
3. What were the power dynamics happening? (ie. Who had power in the situation? What kinds of power? Who had less power, and why?)
4. How might our own role in the situation change if we had more or less power?
5. What are some ways that we can ask for support? From whom?